



Making time for Serenity

We all want serenity, that elusive state of calm. People with serenity are better equipped to enjoy life. They experience less stress and are often happier and healthier, however, serenity isn't achieved without work. Below are some daily habits to help you achieve some inner peace.



1. Give Thanks. Start off each day considering the things you are most grateful for. This could be your job, good relationships, your home, your clothing, your health, to name just a few. Throughout the day be thankful for all the positives. Make a point of acknowledging every good thing that happens to you. This will help create a more positive frame of mind.

2. Practice Acceptance. You cannot always change others or the environment around you. The first step toward releasing everyday tensions is to accept others for who they are and accept a situation for what it is. Change what you have the ability to change and don't stress about all the items that are beyond your control.

3. Be Kind to Others. This might sound simple but we all have bad days we want to take out on others. It's important that we all be consciously kind and help to build others up. The more positive energy we put into the world, the more positive energy we will get back. You'll be at peace with yourself because of the peace you will create around you.

4. Get Enough Sleep. Our minds cannot think clearly if they aren't rested, so it's important to develop good sleep habits. Go to bed early. There is nothing wrong with going to bed at 9 p.m. The television shows you are missing aren't nearly as important as your serenity.

5. Keep a Clean, Uncluttered Home. There is a reason why spas don't have dirty towels on the floors and shelves covered with knick-knacks. Most people can't relax in a place that is messy. Make your home a refuge. Keep it tidy and neat. You should breathe a sigh of relief when you enter your home; it's a place for you to retreat from the world.

6. Enjoy Quiet. We live in a very noisy world and it's important to take time out of each day to enjoy peace and quiet. Turn off your TV, music and cellphone and enjoy 30 minutes of quiet. The quiet will provide a break to your mind and ears. It will also eliminate distractions. The problem is that noise impedes you from truly relaxing. Make the choice to enjoy the silence.

7. Spend Time with the Right People. We all have people in our lives that are constantly unhappy and stressed. They carry negative emotions around with them and share those emotions with those around them. Try to limit time with those people. Instead, focus on spending time with people who add to your life. Promote relationships that make you happy, joyful and relaxed. These relationships will help you reach and maintain your inner calm.